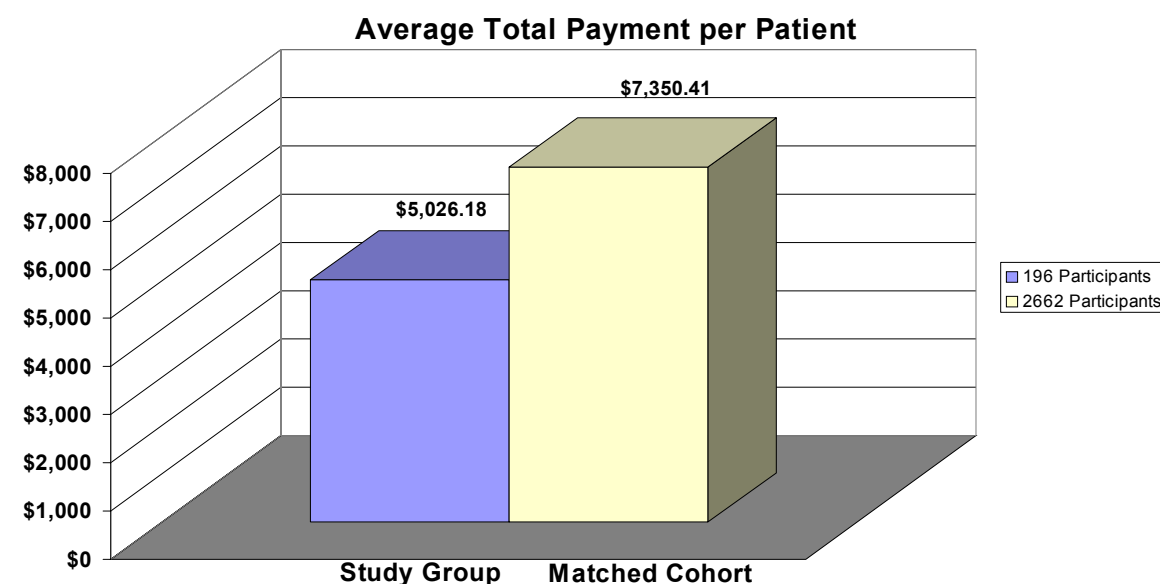


Diabetes Complication and Co-morbidity Profile

A study by the Budget and Control Board's Office of Research and Statistics found that Prevention Partners' diabetes education workshops improve health and save money. During the fall of 2002, the Office of Research and Statistics conducted a matched cohort study, comparing a group of 196 SHP enrollees, who attended a diabetes management workshop between 1995 and 1999, to a group of SHP enrollees who did not attend a diabetes workshop.

During a two-year period, participants in the Diabetes Chronic Disease Workshops decreased their medical claims costs by an average of \$2,324.23, per enrollee, compared to non-participants. Although the average drug cost per participant increased by \$200.24 compared to non-participants, this is a good indication of better patient compliance and a very important step in maintaining and controlling the risk of complications.



Managing for Tomorrow® - BlueCross BlueShield

Managing for Tomorrow® can help SHP subscribers put their futures in good hands—their own.

With a chronic condition, taking care of oneself can be challenging. Most people perform about 95 percent of the care themselves—from taking their medications on time to going to the doctor for check-ups. Those who have heart disease, diabetes or asthma, may be

interested in Managing for Tomorrow.

This free health-management program starts with an invitation that subscribers receive in the mail. Those who do not receive an invitation, but would still like to participate in the program, may call to join, toll-free, at 800-925-9724. Participants are enrolled once they complete the survey.

Positive Approaches® - Medco Health

Positive Approaches® is a medications-based health management program. This program is designed to:

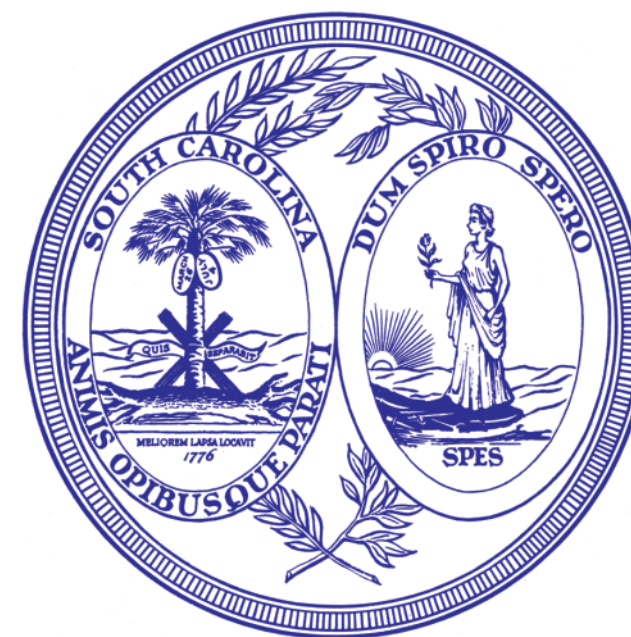
- ❖ Educate members about their diseases and help them learn how to better manage their health;
 - ❖ Optimize pharmaceutical care through educating physicians and other health care professionals about drug usage in accordance with best medical practice;
 - ❖ Improve participant adherence to proven, successful therapy regimens.
- Members enrolled in the programs receive materials

tailored to the needs of each condition including:

- ❖ Welcome letters and newsletters;
- ❖ Telephone counseling call(s);
- ❖ Educational information;
- ❖ Refill reminders.

Positive Approaches offers Health Management Programs for the following diseases: Asthma, Diabetes, Gastrointestinal (Digestive Health), Cardiovascular (Hypertension/High Cholesterol), Depression, Multiple Sclerosis and Hepatitis C.

Prevention and Chronic Disease Programs of the State Health Plan



The State Health Plan
PREVENTION PARTNERS

The State Health Plan
Employee Insurance Program
1201 Main Street, Suite 830
Columbia, SC 29201
803-737-3820

www.eip.sc.gov

Click on “Stay Healthy and Save”

The State Health Plan Prevention Partners

Prevention and Chronic Disease Programs

The State Health Plan (SHP) is the health insurance program for state and local public employees and retirees. With more than 417,735 insured lives, it reaches nearly one of every ten South Carolinians.

Despite increased awareness and education regarding the benefits of physical activity and improving one’s health, our state continues to have high rates of diabetes and obesity. In the U.S., South Carolina ranks:

- ❖ Fourth in incidence of diabetes—6.5 percent;
- ❖ Sixth in incidence of obesity—32.6 percent;
- ❖ 31st in physical activity—31.6 percent of residents are physically inactive;
- ❖ 19th in adult smokers—23.6 percent.

The SHP Prevention Partners provides programs and services focused on prevention through health

promotion, the early detection of disease and chronic disease education. These programs and services include lifestyle behavior change programs, the Preventive Worksite Screening program and Chronic Disease Education Workshops. The SHP also offers chronic disease educational materials provided by the Managing for Tomorrow program and assistance with medication compliance and safety through the Positive Approaches program.

By participating in comprehensive prevention, chronic disease and health promotion activities, employers and employees gain the tools and skills they need to begin improving employee health and containing health care costs.

The Preventive Worksite Screening Program

The SHP Preventive Worksite Screening program identifies chronic diseases early. Screenings also help employees identify personal lifestyle risk factors that contribute to the likelihood of developing a chronic disease. Screenings provide motivation for employees to begin improving lifestyle behaviors such as exercise and weight reduction as well as provide information and insight that allow them to become more efficient and effective health care consumers.

The Preventive Worksite Screening Program, a \$200 value in most health care settings, is available to active SHP subscribers at a minimal cost—just a \$15 copayment. The State Health Plan pays the rest!

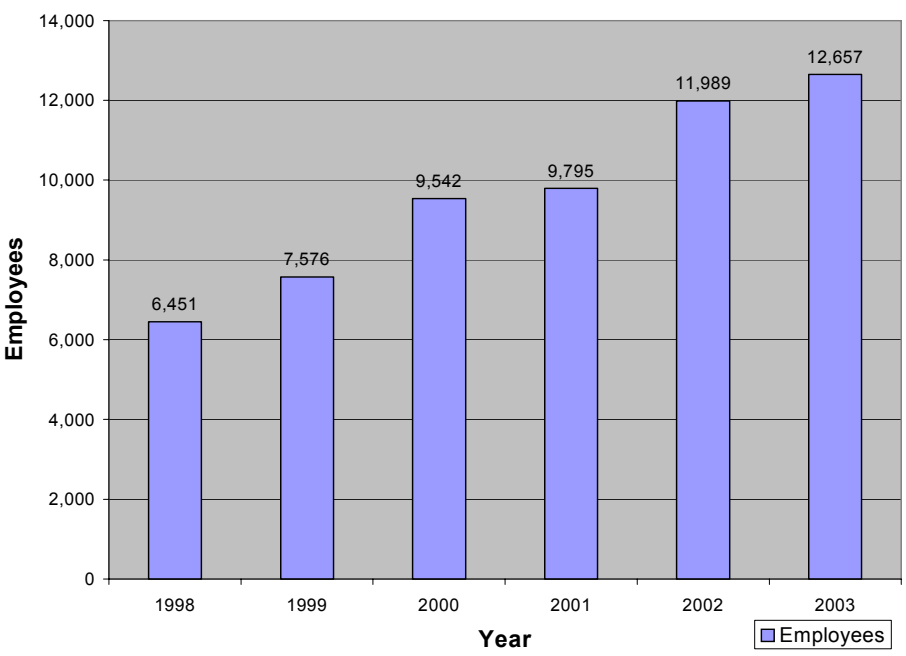
Health care providers, under contract with the Employee Insurance Program (EIP), conduct the

screenings. Within two weeks subscribers receive a personal health profile, highlighting any values that fall outside a normal range. They can even send or take a copy of the screening results to their physicians.

Volunteer coordinators or benefits administrators organize screenings at their worksites. Different worksites may get together to hold a screening. Prevention Partners also schedules regional screenings throughout the state to accommodate those worksites with small numbers of employees and retirees.

The SHP offers preventive benefits as well as special health education and promotion programs. These include: the Maternity Management Program, Well Child Benefits, routine Mammography Screenings and routine Pap Smears.

Preventive Worksite Screening Program: Employees Screened by Calendar Year, Since Inception



Chronic Disease Workshops

Health care utilization costs and poorly managed chronic diseases can lead to increased health complications and co-morbidities. Because of this health care risk, EIP’s State Health Plan Prevention Partners has put self-management and chronic disease education at the forefront of its activities. The goal is to educate and empower State Health Plan subscribers, who are diagnosed with a chronic disease, through Chronic Disease Workshops.

Prevention Partners recognizes and understands that consumers are better equipped to make wise decisions if they are educated about their illnesses, treatment plans, medications and daily management of their illness. Once diagnosed with a chronic disease, the employee must anticipate a lifetime of self-care and management.

The goals of the workshops are to:

- ❖ Educate health consumers concerning their specific chronic disease;
- ❖ Provide up-to-date information on standardized treatment and medications;
- ❖ Encourage proper self-management and/or care for a dependant with a chronic disease;
- ❖ Learn what questions to ask physicians;
- ❖ Learn how to properly use the health care delivery system.

The goal of chronic disease education is not to cure individuals who have been diagnosed with a chronic disease, but to help them maintain independence and a high level of functioning. Chronic Disease Workshops include: *Diabetes, Heart Disease, Asthma, Kidney Evaluation, Women’s Reproductive Health, Weight Management, Medications, Men’s Health, Cholesterol/Lipids* and *Gastrointestinal Ailments*.

What employees are saying about the Preventive Worksite Screening Program

<i>Were you satisfied with the Screening?</i> Ninety-seven percent said Yes.	<i>Did you understand your results?</i> Ninety-six percent said Yes.	<i>Do you feel better informed, more confident about taking care of your health or able to make wiser decisions about your medical care as a result of the screening?</i> Ninety-four percent said Yes.
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